



HOSPICE
OF SANTA CRUZ COUNTY

Fall | Winter 2022

Guide to Wellbeing

Community events, helpful resources, and volunteer opportunities focused on connection and healing.



Our Vision

All members of our community live
and die with dignity.

Our Mission

Hospice of Santa Cruz County honors
the choices of individuals and families by providing
exemplary end-of-life care and grief support
to our community.

Dear Friends,



How do you define “wellbeing?” The dictionary defines it as a good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity. I believe we can experience wellbeing at all stages of life—even at the end of life—when we’re well supported.

At Hospice of Santa Cruz County, we celebrate the quest for wellbeing, even in the face of serious illness or other challenges. For our patients and families, this means providing exceptional medical, emotional, spiritual, and practical support that brings comfort and peace of mind.

For you, members of our greater community, it means providing opportunities to participate in events such as our movie nights to discuss what’s most important—in our life and in our health care, or events that raise funds for many of our programs. Wellbeing can also come in the form of our Interfaith Memorial and other opportunities to celebrate and remember those we have loved and lost.

I hope to connect with you at one of our upcoming events and wish you wellbeing. Please check our website, hospicesantacruz.org, for the latest offerings and details.

A handwritten signature in black ink, reading "Cathy Conway".

Cathy Conway | Chief Executive Officer



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Community Events

To support your quest for wellbeing, we are happy to offer opportunities to connect with others and build a sense of community.

Check out the following pages to find an event that will support you on your current journey. Whether you want to be a catalyst for helping others or just feel like listening and absorbing information that may set your mind at ease or lift your spirits, there are many events to choose from.



View Event
Calendar

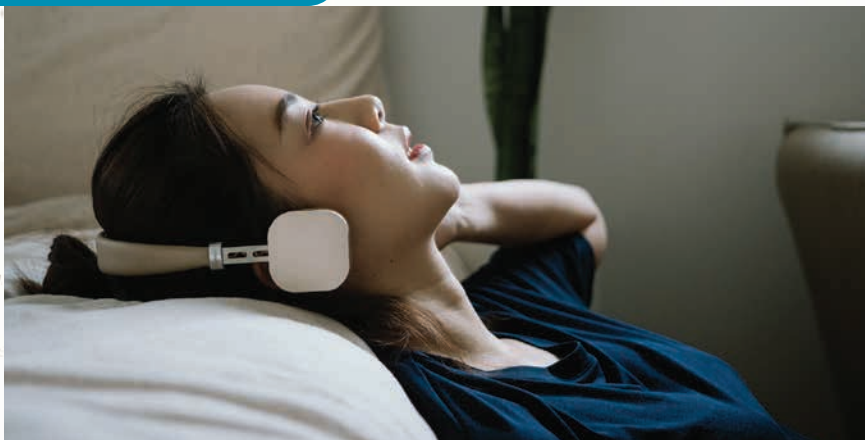
Eventos en Español (Events in Spanish):

Por favor visite nuestra página para la información más reciente de nuestros eventos en Español:

es.hospicesantacruz.org

Visit our Spanish website for up-to-date information about community outreach events in Spanish:

es.hospicesantacruz.org



Virtual Music Meditation and Relaxation for Caregivers

📅 Tuesday, October 4, 10:00-10:30am

Join us for a 30-minute music meditation to lift your spirits and provide relaxation. Event co-presented with the Del Mar Caregiver Resource Center. This experiential session features the musical stylings of our Board-Certified Music Therapist Anya Ismail.

Anya weaves together poetry, singing, spoken word and unique instruments like the shruti box to create a beautiful and calming experience. Open to all individuals in our community caring for a loved one. Registration required.

Register at: hospicesantacruz.org/music-22

Charla Virtual: El ciclo de la vida y la muerte

📅 Martes 25 de octubre, 6:00-7:00pm

Regístrese en hospicesantacruz.org/charla-virtual-22

Acompáñenos participando en una charla acerca del Día de los Muertos y cómo esta celebración tradicional nos conecta con nuestros ancestros. Utilizando el arte como forma de expresión en los altares y las ofrendas, honramos a nuestros seres queridos y al mismo tiempo, son un instrumento para conmemorar y sanar la pérdida de seres que amamos. Usted podrá compartir su historia si así lo desea. Este evento es co-patrocinado con Watsonville Film Festival.

Servicio conmemorativo con velas

Un servicio conmemorativo en honor a sus seres queridos durante los días festivos

📅 Miércoles 26 de octubre, a las 5:30pm

Parroquia de San Patricio 721 Main Street, Watsonville

Hospice of Santa Cruz County les invita a usted y a su familia a una noche especial. Servicio conmemorativo con velas (Vigilia) para honrar a nuestros seres queridos. Traiga una fotografía o un objeto personal de su ser querido para nuestra mesa de recuerdo. Acompáñenos en persona o virtualmente en la liga youtube. spatricks.org. Se requiere que se registre con anticipación para atender en persona o virtualmente.

Puede registrarse en: hospicesantacruz.org/servicio22

Watsonville Film Festival – Día de los Muertos

📅 Friday, October 28, 4:00-8:30pm

Watsonville City Plaza, 358 Main Street, Watsonville

Hospice of Santa Cruz County is a proud sponsor of the Watsonville Film Festival's Día de los Muertos Celebration. This annual event honors Día de los Muertos and brings the whole community together with art, music, and film. The in-person event features live music, art activities, ofrendas and altars, and a family-friendly film screening.

Learn more at: watsonvillefilmfest.org



Salinas Dia de los Muertos 2022

📅 Wednesday, November 2, 2022, 6:00-8:00pm
Hartnell College La Plaza & Student Center,
411 Central Avenue, Salinas

Celebrate and honor Monterey County's rich Mexican heritage. A free community event featuring ofrendas and altars, arts and crafts workshops, catrinas, a procession, and resources & information that can guide and support when dealing with death and grief. Hospice of Santa Cruz County is proud to sponsor this event in partnership with The Hospice Giving Foundation, Hartnell College, and Hijos Del Sol.

Learn more at: <https://hospicegiving.org/dayofthedead/>

Sockshop & Shoe Company's Kelly Short Fundraiser

📅 Friday, November 4 – Sunday, November 6

Santa Cruz Location: 1515 Pacific Avenue

Aptos Location: 154 Aptos Village Way

The tenth annual Kelly Short Fundraiser lasts all weekend long when Sockshop & Shoe Company donates 8% of your purchase to Hospice of Santa Cruz County. Both Sockshop locations will be participating in the fundraiser.



Interfaith Memorial Service and Candle Lighting

Honor Your Loved One in a Special Holiday Memorial Service

📅 Wednesday, November 16, 6:30-7:30pm
Resurrection Catholic Community Church,
7600 Soquel Drive, Aptos

A cherished annual tradition, our Interfaith Memorial Service and Candle Lighting is an invitation to pause during the busy holiday season and tune into what counts: remembering a beloved family member, or dear friend, who has died. Our community gathers for words of support, candle lighting, and a remembrance table, for which you are welcome to bring a photograph or object of your loved one. Join us in-person or online via livestream. Registration encouraged for in-person attendance.

Register here: hospicesantacruz.org/interfaith22

Tree of Lights

📅 Thursday, December 8, 5:00-6:30pm
Arts Council Santa Cruz County
Tannery Arts Center 1070 River Street, Santa Cruz
(located near the Arts Council patio)

Join us to create a luminaria in memory of a loved one. This drop-in event provides an opportunity for reflection and recognition of loved ones. Free and open to the public. A short program will begin at 5:30 pm. Parking is available. hospicesantacruz.org/tol22

Virtual Movie Night – Speaking Grief

📅 Tuesday, December 13, 6:00-7:30pm

Join us for a free documentary screening followed by a panel with local experts. Moving away from the idea that grief is a problem that needs to be “fixed,” **Speaking Grief** validates the experience of griever and guides those wishing to support them. There is no “right” way to grieve. By sharing diverse representations of bereavement, Speaking Grief illustrates that grief is a universal, yet individual experience. Registration required.

Register at: hospicesantacruz.org/movie-speaking-grief

Virtual Music Meditation and Relaxation for Caregivers

📅 Tuesday, January 10, 10:00-10:30am

Join us for a 30-minute music meditation to lift your spirits and provide relaxation. Event co-presented with the Del Mar Caregiver Resource Center. This experiential session features the musical stylings of our Board-Certified Music Therapist Anya Ismail. Anya weaves together poetry, singing, spoken word and unique instruments like the shruti box to create a beautiful and calming experience. Open to all individuals in our community caring for a loved one. Registration required.

Register at: hospicesantacruz.org/music-january

Virtual Movie Night – *Alive Inside*

📅 Tuesday, March 7, 6:00-7:30pm

Join us for a free documentary screening followed by a panel with local experts. Event co-hosted with the Alzheimer's Association. *Alive Inside* explores music's ability to combat memory loss and restore a deep sense of self to those with dementia. Registration required.

Register at:
hospicesantacruz.org/movie-alive



Death Cafés

Grab a mug of your favorite tea and join us to discuss death in an effort to affirm what's important about life. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is not a grief support group or counseling session, just some folks getting together to talk about death, a subject often avoided in our society. Registration required.

Join us at a Death Cafe:

Death Café – Virtual

📅 Tuesday, October 11, 5:00-6:00pm

Virtual event via Zoom. Register at:
hospicesantacruz.org/death-cafe-oct

Death Café – Capitola

📅 Thursday, November 10, 10:30-11:30am

Capitola Branch Library
2005 Wharf Road, Capitola

Register at: hospicesantacruz.org/death-cafe-nov

Death Café – Virtual

📅 Thursday, December 15, 5:00-6:00pm

Virtual event via Zoom

Register at: hospicesantacruz.org/death-cafe-dec

Death Café – Scotts Valley

📅 Thursday, January 26, 10:30-11:30am

Scotts Valley Branch Library, 251 Kings Village Road, Scotts Valley
Register at hospicesantacruz.org/death-cafe-jan

Death Café – Virtual

📅 Tuesday, February 28, 10:30-11:30am

Virtual event via Zoom.

Register at: hospicesantacruz.org/death-cafe-feb

Additional in-person Death Cafés to be scheduled. Check out hospicesantacruz.org to stay up to date with our Death Café offerings.





Advanced Healthcare Planning

Writing down what you do and don't want when it comes to your medical care is one of the best things you can do for yourself and your loved ones.

Preparing an advance directive is a gift to those you love, so they don't have to guess your wishes if you should become ill or can't speak for yourself.

By thinking about these things now, you can make decisions for yourself in a calm, rational state of mind.

We have some upcoming group gatherings or you may set up a one-on-one appointment to plan your own advance directive. Call us anytime with questions or for more information.

"Thank you very much for providing this service. I'm so relieved to finally have my wishes in writing. My goal is to make this as easy as possible for my family."

– Grateful Community Member

Individual Sessions

Schedule a one-on-one appointment to complete your Advance Directive. We will share copies of the necessary forms and walk you through filling them out, step by step. We can connect with you over the phone or Zoom, or meet in-person at your home, at a library event or at our offices in Scotts Valley or Watsonville.

Schedule a Group Presentation

Our team facilitates planning workshops for church groups, community service groups, book clubs, or other home gatherings. We offer an overview of the advance healthcare planning steps and share copies of the necessary forms and conversation guides.

Attend a Community Presentation

The presentation covers how to identify your end-of-life healthcare values, complete your Advance Directive, the difference between an Advance Directive and a Physician Orders for Life Sustaining Treatment (POLST) Form, and to talk with your loved ones about your wishes. Registration required.

Looking to review Advance Directive forms?



Visit our website for free copies of the Advance Directive Form, a helpful worksheet for identifying your values, and a checklist of who should receive a copy of your completed forms.

Advance Healthcare Planning Presentations

The Essentials of Advance Directives – Capitola

📅 Thursday, October 6, 10:30-11:30am
Capitola Branch Library, 2005 Wharf Road, Capitola
Register at: hospicesantacruz.org/directive-oct or call (831) 430-3000.

The Essentials of Advance Directives – Virtual

📅 Friday, Nov 18, 10:30-11:30am
Register at: hospicesantacruz.org/directive-nov or call (831) 430-3000.

The Essentials of Advance Directives – Scotts Valley

📅 Thursday, January 12, 10:30-11:30am
Scotts Valley Branch Library, 251 Kings Village Rd, Scotts Valley
Register at: hospicesantacruz.org/directive-jan or call (831) 430-3000.

The Essentials of Advance Directives – Virtual

📅 Wednesday, February 8, 1:00-2:00pm
Register at: hospicesantacruz.org/directive-feb or call (831) 430-3000.

Advance Directive Individual Sessions: Library Events

Our individual sessions are perfect for people who are ready to complete their Advance Directives, with support. Schedule a one-on-one appointment with a trained healthcare planning volunteer to complete your Advance Directive. Registration required to secure your individual appointment. Please call or email us to register.

Advance Directive Individual Sessions – Capitola

📅 Thursday, October 20, 10:30am-1:30pm
Capitola Branch Library, 2005 Wharf Road, Capitola

Advance Directive Individual Sessions – Scotts Valley

📅 Thursday, January 19, 10:30am-1:30pm
Scotts Valley Public Library, 251 Kings Village Road, Scotts Valley

For more information please contact Vanessa Silverstein

✉ vsilverstein@hospicesantacruz.org

📞 (831) 430-3047



Volunteering

Would you like to make a profound difference in someone's life?

When people face serious illness, or the end of life, they need support more than ever. This support comes in many forms—some of our volunteers provide companionship to patients while others are there to give the family a break. Still others become a community ambassador or volunteer their dog to bring joy.

We welcome you to explore opportunities in the following pages, and invite you to attend an informational question & answer session if you want to learn more.

*“What do we live for, if it is not to make
life less difficult for each other?”*

– George Eliot

Volunteer Visitors

Provide companionship and practical support

Volunteer Visitors provide companionship to hospice patients in their homes or in the residential care facilities where they reside. As a willing listener, a hand holder, and supportive presence, these special volunteers are vital members of the hospice team. Volunteer Visitors may also provide caregivers with much needed respite.

We're looking for:

- Volunteers to provide companionship to patients and respite for caregivers
- Pet companions
- Spanish and English speakers
- Massage Therapists
- Veterans

Volunteer Visitors receive 18 hours of training covering topics such as effective communication and presence, boundaries, and mindfulness. **The Fall Volunteer Visitor Training will be held virtually via Zoom.** Trained Volunteer Visitors help out for 2-4 hours each week, with a one-year commitment. Many Volunteer Visitors enjoy the experience so much that they gladly extend their commitment beyond one year.

“Serving is not so much about doing as it is about being. There is no greater gift than to be with someone in need of comfort and care.”

– Volunteer Visitor



Upcoming Training to become a Volunteer Visitor

**Thursdays,
October 6 – November 10
6:00-9:00pm**
(all sessions required)

Application Deadline is September 26
Applications are available on our website

Call us to set up a time to chat and we will happily answer any questions you have about volunteering.
(831) 430-3045

Curious about becoming a Volunteer Visitor but still have questions or not quite ready to apply?

Consider joining an online informational question and answer sessions via Zoom to learn more. Or you may contact **Forbes Ellis**, Director of Volunteer Services, by phone or email with your questions anytime.

✉ fellis@hospicesantacruz.org

📞 (831) 430-3045

Volunteer Visitor Informational Q&A Sessions

📅 Monday, September 12, 12:00-12:30pm

Registration is required: hospicesantacruz.org/volunteer-22

Pet Companions

We are looking for four-legged hospice volunteers too! These volunteer visitors bring their pets to visit with patients and families, providing joy and comfort to all. Applications are available on our website and we welcome applications for pet companions throughout the year!



Grief Support Volunteers

Support adults in grief as they discover paths to healing

The Grief Support Program accepts grief as a normal, natural and healthy response to the loss of a loved one. Professional staff and trained volunteers provide support to hospice families and the community at large. Services include group support for adults and supportive phone calls to bereaved clients and families. Grief Support Volunteers receive ongoing support and continuing education.

To inquire:

Please contact **Stacey Pratt**

✉ spratt@hospicesantacruz.org

📞 (831) 430-3029

“Now I meet the most incredible people that are in the rawest moments of their life, and to be in that moment with them is a huge blessing.”

– Kerry, Grief Support Volunteer

Friends of Hospice

Put the “Fun” in “Fundraising”

The Friends of Hospice hosts exciting “fun raising” events including the Fairways for Kids Golf Tournament in May and An Evening with Friends in September. As their name implies, the Friends are a welcoming group, united by a desire to support the work of Hospice of Santa Cruz County and enjoy the company of enthusiastic, generous-spirited people. New members are always welcome at Friends of Hospice monthly meetings. **To learn more, call Sigfrid Garman at (831) 430-3084**

Faith Leader Network

A community of support & resources for faith and spiritual leaders

If you minister to others, please join us for engaging guest speakers and peer-to-peer discussion groups. Faith and spiritual leaders are often called to help members of their faith who are facing serious illness, aging, or the end of life. It's an important part of being a faith leader, but it's equally important to be sure to take care of oneself. Partners in Caring seeks to give faith and spiritual leaders the opportunity to come together in fellowship to share best practices and support one another.

Whether you're a regular or have never attended, we welcome anyone who guides or ministers to the aging, to join our open and thought-provoking presentations and conversations.

Who should attend?

- Clergy, faith, and spiritual leaders
- Lay leaders
- Chaplains
- Stephen ministers
- Eucharistic ministers
- Health ministers
- Parish nurses
- Anyone who ministers to the aging or those with serious illness

Upcoming Partners in Caring Meetings:

The Grief Journey during the Holidays

📅 Wednesday, Nov 9, 12:00-1:15pm

Register at: hospicesantacruz.org/pic-nov

Blessings and Challenges of Being a Caregiver

📅 Tuesday, February 21, 12:00-1:15pm

Register at: hospicesantacruz.org/pic-feb

For more information or to register: Please contact Vanessa Silverstein

✉ vsilverstein@hospicesantacruz.org

📞 (831) 430-3047

"I always come away from Partners in Caring workshops with helpful resources or an answer to a question regarding end-of-life issues and sensitive ways to discuss such issues with parishioners."

– Rev. Jane Grady, La Selva Beach Community Church



Grief Support

Grief is a natural response when someone we love dies. Finding your way through the changes and emotional fluctuations can be difficult. Compassionate support is available for you.

Individual Support

We are here to support you on a one-on-one basis. You'll meet with a member of our skilled team at a time specified just for you. Appointments are available in English and Spanish. Please call us at **(831) 430-3000** and ask our grief support team to schedule your appointment.

Fall Grief Support Groups

Please call or email us to register for any group that interests you. With state and county guidelines due to COVID-19, some groups may be in person while others are conducted over zoom. **Please call to find out more information and to register.**



View Grief Support
Calendar

We are here to help

✉ griefsupport@hospicesantacruz.org
☎ (831) 430-3000

Loss of Parent Group (virtual)

6-week group

📅 Wednesdays, September 21 – October 26

Losing a parent can be challenging, no matter how old you are. Whether it was a long-term illness or sudden death, the loss can be jarring. You may reach for the phone or drive past their home, only to face the realization that they are no longer there. This supportive group offers a safe space to open up, share memories and connect with others who have lost a parent. You don't have to navigate the difficult waters of your loss alone. Advance registration is required. **Call to register.**

Loss of Spouse/Partners for Seniors Group (in-person)

6-week group

📅 Fridays, October 7 – November 11

The loss of a companion can be devastating. In this very special group, we encourage seniors to open up about their loss, share their memories and talk freely about their deepest concerns. We explain the symptoms of grief and distinguish them from aspects of aging, thereby easing stress and confusion. We nurture the path to healing by honoring lives well lived. Advance registration is required. **Call to register.**

Partner Loss in the 2nd Year Group (virtual)

Fall Dates are TBD, please check our website for the most current information

The passage of time alters how we grieve. In this group, men and women who have been alone for a period longer than a year examine how their lives have taken shape in the absence of their spouse or partner. Examples of themes include what to do now, traveling without a partner, and making new friends. This is a safe and caring space to discuss experiences, hopes, and desires with others who are healing from a similar loss. Advance registration is required. **Call to register.**

Weekly Drop-In Group (virtual, registration required)

📅 Every Friday, 12:00 pm, via Zoom

Gather with others experiencing the loss of a loved one in a nurturing and safe environment. In this convenient Friday group, participants are encouraged to speak about their grief and learn ways to lessen the emotional and physical symptoms of loss. It is especially useful for individuals who have time constraints, or who aren't yet certain about committing to a multi-week group.

Register online:

hospicesantacruz.org/grief-support-calendar



Grieving Through the Winter Holidays Group (virtual)

6-week group

📅 Wednesdays, November 9 – December 14

This weekly grief group offers a safe and caring space to share and receive support from those grieving the death of someone special. Find connectedness through sharing, receiving support, or simply listening. Learn helpful tips on how to cope during the winter/holidays. Participants are invited to bring a photo or a keepsake of their loved one to share with the group.

Call to register. Advance registration required.

What We Do

HOSPICE HONORS

AWARD OF EXCELLENCE
2019 2020 2021 2022

We are committed to serving everyone in need of our care, to honoring our patients' goals and wishes, and supporting your wellbeing.

We are proud to announce we have the highest quality scores of any other hospice in the Bay Area or Central Coast. These Medicare quality scores measure how well hospices address their patients' symptoms, spiritual, and social needs at admission, and how satisfied their patients' family members or friends were with their hospice care experience.



Hospice Care

Hospice care provides medically directed comfort care, and emotional and spiritual support for individuals diagnosed with a life-limiting illness. Family members and loved ones are supported with grief support counseling as part of hospice care. You or your loved one may request a referral to hospice through your primary care physician, specialist, or by calling us directly at **(831) 430-3000**.

Palliative Care

Palliative care is specialized medical care that treats the symptoms and stress of a serious illness. Our patient-centered team works together with you, your family, and your other doctors to support and empower you. Palliative care patients typically continue with curative treatments. We are committed to helping our patients understand their treatment choices, establish goals of care, and improve quality of life. Medi-Cal, Medicare, and most private insurance plans cover palliative care.

Transitional Care

Transitional care is different from palliative care in that there is not a medical aspect to this care. It is designed for individuals that have been diagnosed with a serious illness and need the expert guidance of someone to help them navigate available resources and support their emotional wellbeing. Those receiving transitional care typically continue with curative treatments.

Concurrent Care for Children

This new form of care supports medically fragile children with home-based pain and symptom management. Children on our service may continue to seek life-sustaining and curative treatments while receiving home-based comfort care.

Your Gifts Matter

As your local, nonprofit hospice, we are here for you. Your generosity makes incredible things happen. When you give, you support holistic care at the bedside and bereavement services for anyone in the community who needs our help. You enable us to provide music therapy, the *we honor veterans* program, pet companions, volunteer visitors, grief support for adults and children, hospice care, and transitional and palliative care services.

Here are some examples of how your gifts make a difference:

- \$1,000 sponsors a grieving child's Camp Erin experience
- \$750 helps patients meet their goals of care through palliative care
- \$500 nurtures medically fragile children through Concurrent Care for Children
- \$250 contributes to the delivery of comfort at end of life for the uninsured
- \$100 gives the gift of music therapy
- \$75 supports those affected by grief
- \$50 provides treats and training for pet companions



Donate Today



**To donate, use the enclosed envelope
or visit hospicesantacruz.org.**

If you'd like to speak with someone about
the difference you can make, contact
Jennifer Drummond at **(831) 430-3082**.

Hospice of Santa Cruz County Tax ID# 94-2497618

Ways to Give

There are several ways
to give and be recognized
for your giving:

Giving Circles



Circle of Care: Put your money where your heart is with an ongoing monthly donation.



Angel Circle: By pledging \$1,000+ annually for three consecutive years, you help sustain community programs.



Legacy Circle: Create your legacy, include Hospice of Santa Cruz County as a beneficiary in your will, life insurance, IRA, or estate plan.

Types of Gifts



Vehicle Donations: Donating your car, truck, trailer, motorcycle or boat makes a positive impact on the environment and helps benefit our mission through our partnership with Charitable Adult Rides & Services (CARS).



Cryptocurrency Donations: The IRS classifies cryptocurrencies as property, making cryptocurrency donations one of the most tax efficient ways to support Hospice of Santa Cruz County.



Tribute Gifts: Honor and remember your loved ones with a gift in their name.



IRA Distribution: Put your IRA to work charitably. If you are 70 ½ years or older, you can direct any portion of your IRA minimum distribution directly to Hospice of Santa Cruz County; tax-free.

Contact Us

Hospice Care

☎ (831) 430-3000

Community Education & Outreach

Vanessa Silverstein
Community Education
& Outreach Manager
☎ (831) 430-3047

Fundraising

Jennifer Drummond
Director of Development
☎ (831) 430-3082

Grief Support

Stacey Pratt
Grief Support Manager
☎ (831) 430-3090

Volunteer Visitor Program

Forbes Ellis
Director of Volunteer Services
☎ (831) 430-3045

If you would like to be removed from our mailing list, change your address, or need additional information, please contact us at **(831) 430-3000**, toll free at **(877) 688-6144**, or by email at **info@hospicesantacruz.org**





HOSPICE
OF SANTA CRUZ COUNTY

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Scotts Valley, CA 95066



hospicesantacruz.org
(831) 430-3000

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